

Appendix 2

Behaviour, Habit and Cognitive Variables: Questions, Scales and Psychometric Qualities of the Survey (continued)

Item	Scale	α_2	r
Habits			
<ul style="list-style-type: none"> ▪ Using active commuting is something: <ul style="list-style-type: none"> – I do frequently. – I do automatically. – I do without having to consciously remember. – that makes me feel weird if I do not do it. – that would require effort not to do it. – that belongs to my daily routine. – I start doing before I realize I'm doing it. – I would find hard not to do. – I have no need to think about doing. – that is typically “me”. – I have been doing for a long time. 	Strongly disagree/ strongly agree	0.96	0.96

[†] = Kappa

α = Cronbach's alpha coefficient (main study)

r = Intraclass correlation coefficient (test-retest)